

**Meal Plan**

		Protein	Carbs	Fats	Calories
<b>Breakfast</b>					
1/2 Cup	Egg Whites	14	0	0	60
1/3 CUP	Oats	5	18	2	110
	Coffee	0	0	0	0
<b>Meal 2</b>					
100g	Lean Steak	29	0	2	162
1/4 cup	Brown Rice	2	18	0.75	85
<b>Mid Morning</b>					
100g	Chicken	23	0	1	110
1 cup	Sweet Potato	4	41	0	180
1 cup	Broccoli	4	12	0	54
<b>Lunch</b>					
125 g	Basa	17	0	2	90
1/4 cup	Brown Rice	2	18	0.75	85
1 cup	Broccoli	4	12	0	54
<b>Mid Afternoon</b>					
100g	Chicken	23	0	1	110
1 cup	Sweet Potato	4	41	0	180
1 cup	Brocoli	4	12	0	54
<b>Pre Workout</b>					
125 g	Basa	17	0	2	90
1/4 cup	Brown Rice	2	18	0.75	85
	Coffee	0	0	0	0
<b>Post Workout</b>					
1 Scoop	Protein Shake	24	0	0	100
1.5 Scoops	Vitargo	0	52	0	210
<b>Dinner</b>					
100g	Lean Steak	29	0	2	324
1/4 cup	Brown Rice	2	18	0.75	85
<b>Nighttime Snack</b>					
	Protein Blend	26	7	2	150
<b>TOTAL</b>		235	267	17	2378